

## Come and try out this new program



This unique class captures the essence of movement and rhythm utilizing drum sticks and resist-a-balls. Using rhythm as the source of inspiration to discover a new group fitness experience Drums Alive® combines the benefits of a traditional physical fitness program with the brain affected benefits of music and rhythm. Drums Alive® is a program that fosters a healthy balance physically, mentally, emotionally and socially. Join our class today to experience how it provides an element of fun and creative expression.

**Where:** Pruzin Community Center: 5750 Tyler Street, Merrillville, IN 46410  
**Fee:** \$35 Residents/\$40 Non-Residents  
**When:** Wednesdays: February 3-24, March 2-30 (off 3/9), April 13-May 4  
**Time:** School Age: (ages 8 -15) 4:45-5:30pm  
Adults: (ages 16-99+) 5:30-6:15pm

